

City of Norman Offers Free Arthritis Foundation Exercise Program

The City of Norman, in cooperation with the Family and Consumer Services division of the OSU Oklahoma Cooperative Extension Service, is offering an Arthritis Foundation exercise program beginning Thursday through Feb. 16 from 9:30 a.m. to 10:30 a.m. The program is free and open to any age group.

The instructor is Extension Educator Brenda Hill, Ph.D. The Arthritis Foundation program is a community-based, recreational group exercise and education program designed specifically for people with arthritis. People without arthritis have seen great results using the program so anyone who needs exercise is encouraged to participate.

To enroll call the Little Axe Community Center at 292-9770 or show up at one of the scheduled classes. The Little Axe Community Center is located at 1000 168 Avenue N.E.

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